

WHAT IS CLAIMED IS:

1. A self-treatment process for periodontal patients with gingival detachment of about 3 mm and greater, comprising regularly physically removing biofilms from supragingival, interproximal and subgingival tooth surfaces by sequentially administering soft abrasives into said biofilms using toothbrushing, proxy brushing and flossing devices.

2. A self-treatment process for periodontal patients with gingival detachment of about 3 mm and greater and with a risk of heart disease, comprising regularly physically removing biofilms from supragingival, interproximal and subgingival tooth surfaces and simultaneously controlling inflammation related substances associated with heart disease by sequentially administering soft abrasives onto:

- a. supragingival tooth surfaces with toothbrushing,
- b. interproximal tooth surfaces with proxy brushing, and
- c. interproximal and subgingival surfaces with flossing.

3. The process of Claim 2, wherein:

- a. toothbrushing is carried out with a ribbed and grooved toothbrush in combination with a soft abrasive containing toothpaste, wherein the combination physically works soft abrasive into supragingival plaque,
- b. proxy brushing interproximal spaces not reached with toothbrushing is carried out with a ribbed and grooved bristled proxy brush in combination with a soft abrasive containing proxy gel, wherein the combination physically works soft abrasive into interproximal biofilms, and
- c. flossing subgingival and interproximal spaces not reached by toothbrushing and proxy brushing is carried out with an interproximal and subgingival flossing device containing releasable soft abrasive, wherein

said device physically works released soft abrasives into interproximal and subgingival biofilms.

4. The process of Claim 3, wherein said proxy gel contains a therapeutic substance selected from the group consisting of fluoride, cetyl pyridinium chloride, triclosan, chlorhexidine digluconate, metronidazole, doxycycline, tetracycline, minocycline and mixtures thereof.

5. The process of Claim 3, wherein said flossing device contains a releasable therapeutic substance selected from the group consisting of fluoride, cetyl pyridinium chloride, triclosan, chlorhexidine digluconate, metronidazole, doxycycline, tetracycline, minocycline and mixtures thereof.

6. The process of Claim 3, wherein said flossing device is selected from the group consisting of multifilament floss, texturized multifilament floss, PTFE tape and elastomeric tape.

7. The process of Claim 2, wherein said proxy gel and said flossing device each contain an inflammation related substance associated with heart disease.

8. A system adapted for self-administering soft abrasive onto biofilms on the supragingival, interproximal and subgingival tooth surfaces of periodontal patients with gingival detachment of at least about 3 mm, said system comprising two or more devices selected from the group consisting of toothbrushes, proxy brushes and flossing devices and combinations thereof.